If yr in the Kansas City area and want to join a CSA, I cannot recommend Bread and Roses enough — good, good food grown by good people. You can learn more about their CSA and sign-up at:
breadandrosesfarm.com

Not in KC?
Visit localharvest.org
to find a CSA near you.

PS: all credit for the Snoopies (or is it Snoopi?) goes to Charles Schulz.

For the past few summers, I've enjoyed having a subscription to the Bread and Roses Farm Community Supported Agriculture (CSA) program. In CSA programs, participants pay up-front for many weeks worth of organic produce that they recieve weekly during the summer. This means that my kitchen has been full of delicious, seasonal produce for weeks now, and I wanted to share with y'all how I've been eating it all: my favorite easy summer recipes.

carrot tacos

2 - 5 carrots, cut into coins
1 tbsp olive oil
1 tbsp montreal seasoning
1 tbsp garlic powder*

goat cheese
cilantro, sriracha,
and good corn tortillas

Finally, stir in the strained cucumber, and chill the mixture in the fridge until you're ready to eat.

I like to use my tzatziki as the dressing for a salad. I take 4-5 handfuls of salad greens and slice them into ribbons, then toss the greens with 2 or 3 big spoonfuls of tzatziki. I've found that tossing the greens and tzatziki with kitchen tongs inside of a giant bowl works the best. Once the greens are evenly coated, I top the salad with kalamata olives and goat cheese. You can eat this salad as is, but my favorite way to eat it is inside a pita pocket as a little salad-sandwich hybrid.

beans and greens

1 bunch of swiss chard
1 can of cannellini beans
1 tbsp olive oil
1/4 cup water
2 tbsp rice wine vinegar
1 - 2 tbsp garlic powder*
salt, pepper,

*powdered garlic hack

Rehydrate the garlic powder by whisking into water before adding it to the oil. Use a 1:1 powder to water ratio. This will help release the alliin and alliinase compounds in the garlic, which will enhance its flavor!

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Shred the cabbage into ribbons, then julienne the apples and jalapenos into matchsticks. Chiffonade cilantro and mint leaves into ribbons. In a large bowl, whisk together the vinegar, oils, sugar, and salt, then add the vegetables and toss until well coated. Chill in the fridge.

This slaw is delicious and super refreshing and you get a lot of it from this recipe! I ate this both as a lunchtime salad on it's own, as a mid-day snack, and as the side to other dishes.

easy summer
recipes

tzatziki

2 cucumbers
2 tbsp garlic-ginger paste
2 tsp white vinegar
3.5 cups plain greek yogurt
8 mint leaves, diced
1 tbsp dried dill
1 tbsp salt
a pinch of black pepper

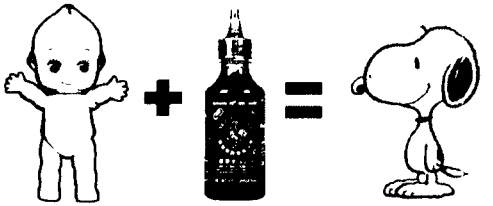
Using a box grater, grate the cucumber until it is all shredded. Put the cucumber in a fine mesh sieve (or a strainer lined with paper towels) and press out all of the liquid that you can. In a bowl, mix together all of the other ingredients.

These tacos are so simple and so tasty. Cut the carrots into coins, then toss them in the oil and seasoning. Put the seasoned carrots on a foil-lined baking sheet, and roast them at 350° fahrenheit for 20-30 minutes. Steam your corn tortillas, then pile them with the carrots, a sprinkle of goat cheese, some cilantro, and a drizzle of sriracha and dig in.

cabbage-apple slaw

1 cabbage
1 granny smith apple
1 honeycrisp apple
1 jalapeno (remove the seeds)
1/4 cup cilantro leaves
1/4 cup mint leaves
4 tbsp apple cider vinegar
1 tsp chili oil
1 tbsp olive oil
a pinch of sugar
1 tbsp kosher salt

Strain and rinse the beans. Heat the olive oil in a frying pan over medium-high heat. Add the beans, letting them cook on one side until they begin the brown. As they cook, slice the swiss chard (including the stems) - you can slice the leaves into ribbons and dice the stems. Mix up the beans and then add the swiss chard and water. Cover the pan and let the mixture steam. Once the greens are wilted and the water is evaporated, uncover and stir, adding in the vinegar and spices. Cook until fragrant.



snoopy sauce

4 parts kewpie mayo
2 parts sriracha
1 part sesame oil

tofu marinade

4 parts soy sauce
1 part sesame oil
1 part rice wine vinegar
1 part liquid smoke

banh mi

Every Monday morning, the CSA sends out an email giving us a heads up on what to expect from that week's farm haul. In one email, farmer Flora mentioned we'd be getting the ingredients for bánh mì: carrots, cucumbers, and cilantro. Yum! I made tofu bánh mì for every lunchtime meal that week: snoopy sauce-smeared french bread piled high with pan-seared tofu, sliced and quick-pickled carrots, jalapenos and cucumbers, garden mint, and cilantro.